

Loneliness in Friendship Questionnaire

1. I have a best friend I can tell anything to. Y / N
2. I find it hard to make time in my schedule for friendships. Y / N
3. I've been hurt by friends over the years. Y / N
4. I seem to alienate friends after a period of time. Y / N
5. What kinds of things interfere with opportunities for others to get close to you?

6. What would it take for you to feel free to candidly discuss deeper issues with a friend?

7. What is an example of a type of activity or interaction that has brought mutual joy to you and a friend? For example, serving together...creating something...traveling...or?

8. What one word or sentence comes to mind when you hear the words, "best friend"?

Loneliness in Friendship – Action Items

1. I will make space in my life to connect with people.

2. I will choose to share about hard things and hear other’s stories, too.

3. I will be open to more frequent in-person conversations with my friends. In what way?

4. I will look for opportunities to serve alongside others in the body of Christ. Be specific.

5. I will open my home and/or share a meal with people.

6. I will make myself available to others for friendship.

7. I will connect with my Life Group leader or a mentor to talk and pray through my experience of loneliness and desire for friendship.

8. _____

Prayer:
